

Dick Powers Volleyball

YES!

Dick Powers Volleyball Programming Curriculum/Personal Grade Card Information

The Coaches/Teachers of Dick Powers Volleyball continuously brainstorm and contribute regarding the components of the curriculum we teach... This curriculum review is ongoing.

The following list will serve as a temporary guide for the elements of curriculum presented, reinforced, and expected to be mastered by students/athletes involved with Dick Powers Volleyball including Saturday School and Summer Guts Camps.

Coaches who work with us are also expected to have mastery regarding teaching and development of the following components as visibly demonstrated by their assigned clientele.

Team

- Communication - calling the ball, setter talking to passers, attackers calling the set, middle blockers identifying front/back row setter prior to serve, calling "in" or "out", teammates calling "line" or "angle" to attacker
- Court areas of responsibilities, passing lanes
- Ability to plan ahead and run offensive plays
- Attack coverage
- Defensive court responsibilities
- Transition - when and how including footwork
- Base defensive play
- Break defensive play
- Verbal on court expressions
- Understanding the responsibility of each player's position, even when it is not the position you play

Skills

- Playing the ball: 1) footwork to put body in effective position and 2) perform the skill
- Physical training - daily conditioning exercises
- Pre-Skill Body Maneuvering Patterns (Footwork)
- Ball control
- Jumping including footwork, body positioning, components
- Serving technique - include components of footwork, toss, hand to ball placement, where to serve ball, and final appearance of body/follow through
- Passing technique including footwork and body positioning
- Digging technique including footwork and body positioning
- Blocking technique and positioning including footwork and body positioning
- Setting - including footwork and body positioning
- Attacking - "hitting hints" including footwork and body positioning
- Ability to hit shots
- Inside out attacking including footwork and body positioning
- Slide attacking including footwork and body positioning

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Mental

- Assume ready position prior to every opponent's ball contact
- Eliminate ball preoccupation – Establish body awareness
- Vision - peripheral, not tunnel
- Anticipation of next responsibility
- Responsiveness to coaches
- Trainability factor
- Mental preparation
- Vision/Personal external perspective development
- Politics
- Personal presentation to adults
- What a player can do to help her team win
- Trust and trustworthiness
- Leadership
- Value of athlete to program
- Importance of attendance/conflict calendar

Game Knowledge and Strategies

- "Don't block nothing"
- Nutrition, especially on game day
- Court and net dimensions
- Suggested training on your own time
- Angles and odds of the game of volleyball
- Offensive strategies, such as not serving other teams' best passers, low sets, attacking second ball over the net only when setter is front row, sending non-attackable sets to deep corners

Reliability Factors:

- Be on time
- Say please and thank you
- Say what you're going to do
- Do what you say.